

Fall 2015 Group Fitness Schedule

Monday, August 31, 2015 to Sunday, January 3, 2016

Schedule may change at any time; please reference the website for the most updated version: <https://starport.jsc.nasa.gov/>

To receive updates on the schedule, subscribe to our ListServ by emailing: jsc-fitness-subscribe@lists.nasa.gov

| Monday | | | |
|------------------|-------------------------|----------|------------|
| Time | Class | Location | Instructor |
| 5:45-7 a.m. | Ride & Run | Studio 2 | Liz |
| 6-7 a.m. | Strength & Conditioning | Studio 1 | Sherif |
| 7:30-8:30 a.m. | Kundalini Yoga | Studio 3 | Vicky |
| 9-10 a.m. | BALLEAN™ | Studio 1 | Alison |
| 11-12 p.m. | Yoga Blend | Studio 1 | Luca |
| 11:30-12:15 p.m. | Beginner SPINNING® | Studio 2 | Jim |
| 4:30-5:25 p.m. | Tai Chi | Studio 1 | Barbara |
| 4:30-5:15 p.m. | SPINNING® | Studio 2 | Kim |
| 4:30-5:20 p.m. | Hatha/Classical Yoga | Studio 3 | Laura |
| 5:30-6:20 p.m. | Dance Jam | Studio 1 | Heather |
| 5:30-6:15 p.m. | SPINNING® | Studio 2 | George |
| 5:30-6:30 p.m. | Zen Deep Stretch | Studio 3 | Alison |
| 6:30-7:30 p.m. | BODYPUMP™ | Studio 1 | Leslie |
| 6:30-7:15 p.m. | SPINNING® | Studio 2 | Lisa |
| 7:30-8 p.m. | Step Express | Studio 1 | Leslie |

| Thursday | | | |
|------------------|----------------------|----------|------------|
| Time | Class | Location | Instructor |
| 6-7 a.m. | Hatha/Classical Yoga | Studio 3 | Laura |
| 6:30-7 a.m. | Interval Training | Studio 1 | Mae |
| 11-12 p.m. | BODYPUMP™ | Studio 1 | Luca |
| 11:30-12:15 p.m. | Endurance Ride | Studio 2 | Melanie |
| 11:30-12:30 p.m. | Pilates | Studio 3 | Tracy |
| 12:15-1:15 p.m. | Taekwondo | Studio 1 | Stan/Matt |
| 3:30-4:15 p.m. | SPINNING® | Studio 2 | Jim |
| 4:30-5:30 p.m. | BODYPUMP™ | Studio 1 | Leslie |
| 4:30-5:15 p.m. | SPINNING® | Studio 2 | Rai |
| 4:30-5:20 p.m. | Traditional Stretch | Studio 3 | Jim |
| 5:30-6:30 p.m. | Pilates | Studio 3 | Chloe |

| Tuesday | | | |
|------------------|----------------------|----------|--------------|
| Time | Class | Location | Instructor |
| 6-7 a.m. | Hatha/Classical Yoga | Studio 3 | Laura |
| 6:30-7 a.m. | Interval Training | Studio 1 | Mae |
| 10-10:45 a.m. | Active Adults | Studio 1 | Tonya |
| 11-12 p.m. | BODYPUMP™ | Studio 1 | Tonya |
| 11:30-12:30 p.m. | Long Ride | Studio 2 | Crystal |
| 11:30-12:30 p.m. | Pilates | Studio 3 | Tracy |
| 12:15-1:15 p.m. | Taekwondo | Studio 1 | Stan/Melissa |
| 4:30-5:20 p.m. | Kickboxing | Studio 1 | Carissa |
| 4:30-5:20 p.m. | Beginner Yoga | Studio 3 | Laura |
| 5-5:45 p.m. | Beginner SPINNING® | Studio 2 | Melanie |
| 5:30-6:20 p.m. | BALLEAN™ | Studio 1 | Alison |
| 5:30-6:20 p.m. | Pilates | Studio 3 | Chloe |
| 6:30-7:30 p.m. | Zumba® | Studio 1 | Tiffany |
| 6:30-7:15 p.m. | Power Yoga | Studio 3 | Jessica |

| Friday | | | |
|--------------------|--------------------------------|----------|--------------|
| Time | Class | Location | Instructor |
| 5:45-6:30 a.m. | SPINNING® | Studio 2 | Jessica |
| 6-7 a.m. | BODYPUMP™ | Studio 1 | Carissa |
| 6:30-7 a.m. | Core Strength Fusion | Studio 3 | Jessica |
| 11:30-12:15 p.m. | Step & Sculpt | Studio 1 | Jim |
| 11:30-12:15 p.m. | SPINNING® | Studio 2 | Crystal |
| 11:30-12:20 p.m. | Beginner Yoga | Studio 3 | Laura |
| 12:30-1:30 p.m. | Taekwondo | Studio 1 | Stan/Charles |
| 12:30 to 1:30 p.m. | Kundalini Yoga | Studio 3 | Vicky |
| 3:30-4:15 p.m. | Tabata & Abs | Studio 1 | Sherif |
| 3:30-4:15 p.m. | Therapeutic Stretch & Mobility | Studio 3 | Rai |
| 4:30-5:30 p.m. | Zumba® | Studio 1 | Tiffany |
| 4:30-5:15 p.m. | SPINNING® | Studio 2 | Rai |
| 4:30-5:30 p.m. | Yogalates | Studio 3 | Jim |

| Wednesday | | | |
|------------------|----------------------|-------------|------------|
| Time | Class | Location | Instructor |
| 5:45-6:30 a.m. | SPINNING® | Studio 2 | Lisa |
| 6-7 a.m. | BODYPUMP™ | Studio 1 | Carissa |
| 6:30-7:30 a.m. | Hatha/Classical Yoga | Studio 3 | Laura |
| 8-9 a.m. | Strength & Stretch | Studio 1 | Mae |
| 11-11:30 a.m. | Warrior Mobility | Studio 1 | Erin |
| 11:30-12 p.m. | H.I.I.T. | Outer Space | Nichole |
| 11:30-12 p.m. | Midweek Meditation | Studio 3 | Laura |
| 11:45-12:45 p.m. | Tai Chi | Studio 1 | Barbara |
| 2:30-3:15 p.m. | Total Body Strength | Studio 1 | Rai |
| 3:30-4:15 p.m. | SPINNING® | Studio 2 | Rai |
| 4:30-5:15 p.m. | Dance Jam | Studio 1 | Jessica |
| 4:30-5:15 p.m. | SPINNING® | Studio 2 | Kim |
| 4:30-5:20 p.m. | Zen Deep Stretch | Studio 3 | Alison |
| 5:30-6:20 p.m. | Muscle Jam | Studio 1 | Heather |
| 5:30-6:30 p.m. | Long Ride | Studio 2 | Liz |
| 5:30-6:20 p.m. | Yoga | Studio 3 | Linda |
| 6:30-7:30 p.m. | BODYPUMP™ | Studio 1 | Leslie |
| 6:30-7:15 p.m. | Roll With It | Studio 3 | Heather |

| Saturday | | | |
|------------------|----------------------|----------|----------------|
| Time | Class | Location | Instructor |
| 8:15-9 a.m. | Tabata & Abs | Studio 1 | Sherif |
| 8:30-9:30 a.m. | Long Ride | Studio 2 | Melanie/Kim |
| 9:15-10:15 a.m. | Cardio Blast | Studio 1 | Jennifer |
| 9:30-10:30 a.m. | Hatha/Classical Yoga | Studio 3 | Laura |
| 10:30-11:30 a.m. | BODYPUMP™ | Studio 1 | Carissa/Leslie |

| Sunday | | | |
|-------------|------------|----------|---------------|
| Time | Class | Location | Instructor |
| 9-10 a.m. | Long Ride | Studio 2 | Crystal/Vicky |
| 10-11 a.m. | Basic Yoga | Studio 3 | Anita |
| 1 to 2 p.m. | Taekwondo | Studio 1 | Charles |

STARPORT
NASA EXCHANGE = JSC
STARPORT.JSC.NASA.GOV